

A collection of construction safety equipment is arranged on a dark, textured surface. In the foreground, a pair of orange and black ear defenders with red padded ear cups lies horizontally. Behind them, a pair of yellow safety glasses with a black strap is positioned. Further back, a large black respirator mask with a clear filter cartridge and a black leather work boot are visible. To the right, a bright yellow hard hat with a black strap rests on a pair of tan leather work gloves. The lighting is dramatic, highlighting the textures and colors of the equipment.

MARCH

2026

Safety Calendar

March 2026: National Ladder Safety

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Climb the ladder of success, but do it safely!

Ladder-related incidents in the U.S. result in more than 500,000 emergency room visits and around 300 deaths each year.¹ Frequent causes of these accidents include improper ladder setup, climbing while carrying objects, and falls from heights. Ladder safety is essential across all industries. Falls from ladders account for 20% of all workplace fall injuries, highlighting the need for proper safety training and equipment.²

Be prepared by following these safety tips:

 General Ladder Safety Practices	 Ladder Use Guidelines	 Ladder Training	 Ladder Maintenance
<ul style="list-style-type: none">Select the Right Ladder Always use the appropriate ladder for the job.Inspect Your Ladder Before Use Regularly inspect ladders for defects such as cracks, loose rungs or damaged feet.Use Ladders on Stable Ground Position the ladder on stable, level surface.Ensure Proper Setup Set up ladders at a proper angle.Maintain Three Points of Contact Always keep three points of contact with the ladders.	<ul style="list-style-type: none">Don't Overreach Keep your body centered on the ladder.Use a Ladder for its Intended Purpose Don't use a ladder as a scaffold.Avoid Carrying Tools or Materials Use a tool belt or hoist to carry tools up a ladder.Climb Slowly and Carefully Take your time when climbing or descending the ladders.Secure the Base Tie off the ladder at the top and bottom to prevent movement.	<ul style="list-style-type: none">Formal Training Types of ladders, proper use and maintenance.Hands-On Incorporate practical, hands-on demonstrations during training.Importance of Inspections How to properly inspect ladders for damage or defects before use.Proper Set Up Correct methods for positioning and stabilization.Climbing Techniques Maintaining three points of contact, facing the ladder and overreaching.	<ul style="list-style-type: none">Regular Inspections Conduct routine inspections to identify wear, damage or defects.Clean After Use Remove dirt, grime or other material that could impact stability and increase slips.Storage Ladders should be stored in a dry, protected area from the elements. Storing in an upright and secured position.Repairs Any damaged ladders should be taken out of service immediately and replace or professionally repaired.Labels Use labels to indicate the maximum load capacity and inspection date(s).

1. American Academy of Orthopedic Surgeons 2. U.S. Occupational Safety and Health Administration (OSHA)

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Climb the ladder of success, but do it safely!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Correct methods for positioning and stabilization.	2 Conduct routine inspections to identify wear, damage or defects.	3 Always use the appropriate ladder for the job.	4 Regularly inspect ladders for defects such as cracks, loose rungs or damaged feet.	5 Use labels to indicate the maximum load capacity and inspection date(s).	6 Position the ladder on stable, level surface.	7 Set up ladders at a proper angle.
8 Daylight Savings Time Begins	9 Maintaining three points of contact, facing the ladder and overreaching.	10 Keep your body centered on the ladder.	11 Don't use a ladder as a scaffold.	12 Use a tool belt or hoist to carry tools up a ladder.	13 Take your time when climbing or descending the ladders.	14 Tie off the ladder at the top and bottom to prevent movement.
15 Always keep three points of contact with the ladders.	16 Position the ladder on stable, level surface.	17 St. Patrick's Day	18 Formal Training—Types of ladders, proper use and maintenance.	19 Incorporate practical, hands-on demonstrations during training.	20 How to properly inspect ladders for damage or defects before use.	21 Correct methods for positioning and stabilization.
22 Maintaining three points of contact, facing the ladder and overreaching.	23 Take your time when climbing or descending the ladders.	24 Conduct routine inspections to identify wear, damage or defects.	25 Remove dirt, grime or other material that could impact stability and increase slips.	26 Ladders should be stored in a dry, protected area from the elements. Storing in an upright and secured position.	27 Any damaged ladders should be taken out of service immediately and replace or professionally repaired.	28 Use labels to indicate the maximum load capacity and inspection date(s).
29 Set up ladders at a proper angle.	30 Regularly inspect ladders for defects such as cracks, loose rungs or damaged feet.	31 Don't use a ladder as a scaffold.				

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